

DESIS
NETWORK
Design for
Social Innovation
and Sustainability

Aquafolium

Reconnecting with Nature to Nurture



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Promoter(s).
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Aknowledgements.
Community members in South West England



Context.

In the modern society there is a need and attention to improve mood and mental health in general.

Spending longer in artificial environments using electronic devices has a negative effect on our general wellbeing. Depression and Anxiety are problems that are increasing significantly.



The project.

***“Aquafolium”* is a social enterprise dedicated to reconnecting individuals and society with the natural environment.**



The design process.

The project aims to design and offer a range of nature-based therapeutic activities for people of all ages and abilities for physical, mental, emotional and spiritual wellbeing.



Governance and Policy Making



Social Inclusion Organizations

Transforming Aging Program

Aquafolium has been supported with £3000 from the Transform Ageing programme to buy equipment, including a shelter and tea-making accessories for the ceremony at the end of every session. The money has also helped with insurance needed to take vulnerable people to the forest.

Activism and Civic Participation



Protected Natural environment

A place of elemental simplicity overlaid with the perfect symmetry of nature. It should remain that way. For this project it is important to share this responsibility of preserving its integrity.

Social Interactions and Relations



Outdoors Experience

Inclusive Project

The Project aims to facilitate people going out into nature or to take nature to those who cannot or do not want to go into the outdoors. The founders were interested in the restorative power of nature and the social change towards it. The sessions and activities are available in different ways; some are commissioned for specific groups by health and wellbeing professionals, and some are open to everyone.

City and Environmental Planning



Preserving nature Integrity

Social Awareness

A place of elemental simplicity overlaid with the perfect symmetry of nature. It should remain that way. For this project it is important to share this responsibility of preserving its integrity.

Skill Training and Design Education



Training programs

Carers guidance skills

Much of their work is commissioned but they also offer some open access sessions and training for those wishing to deliver interventions themselves. They are commissioned by Westbank to run forest bathing sessions for Carers.

Storytelling and Visualisation



The project focus is to use the great, nourishing amphitheatre of wild places as the interactive space in which we ground ourselves. Connection with nature is scientifically proven to be essential to our wellbeing. As therapists the project promoters created the circumstances, paths and experiences to let nature do its work.

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<https://aquafolium.co.uk/>
www.XXXXXX.XX



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